

Anatomical Concepts

Basic Anatomy

1. Anatomical Reference Position

- erect standing position
- feet slightly separated
- arms hanging relaxed at the sides
- palms facing forward

2. Directional Terms

Superior/Inferior: closer/farther to/from the head
 Anterior/Posterior: toward the front/ back of the body
 Medial/Lateral: toward/away to/from the trunk
 Proximal/Distal: closer/away to/from the trunk
 Superficial/Deep: inside the body and toward/away from the body surface

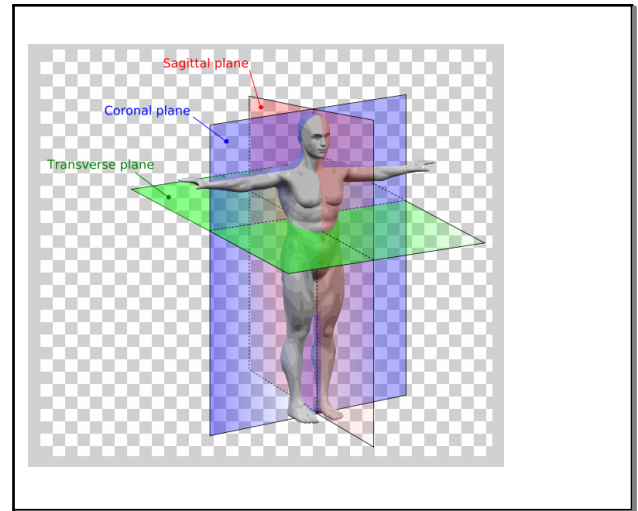
3. Anatomical Planes

Sagittal Plane: splits body vertically into left and right sections
 Frontal Plane: splits body vertically into front and back sections
 Transverse Plane: splits body into top and bottom sections

4. Anatomical Axes

Transverse Axis: perpendicular to the sagittal plane
 Anteroposterior Axis: perpendicular to the frontal plane
 Longitudinal axis: perpendicular to the transverse plane

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Directions of Actions

refer to text page 4 & 5 Exercise Science 12

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Anatomical Terminology

Layman Terminology vs Anatomical Terminology

Chelsea has broken the bottom of her funnybone

This x-ray is a front view of the collarbone

This is a cross-section of the upper part of the thighbone

This is the side view of the athlete bending and straightening the foot

Chelsea has fractured the distal aspect of her humerus

This x-ray is an anterior view of the clavicle

This is transverse view of the proximal portion of the femur.

This is the sagittal view of the foot plantar and dorsiflexing.

Sep 3-10:16 AM